



Posyandu and Posbindu Development

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Abstract

This service program aims to nurture health cadres in managing and running posyandu and posbindu. Community service methods are carried out by counseling, lectures, questions and answers, pre-test and post-test. The media used are televisions and laptops to display material in the form of power points. The stages of implementation carried out in this service are conducting a pre-test, then providing material and continued with a post test. The results of this community service activity have answered the problem of strengthening health cadres in managing, running posyandu and posbindu. This activity has been considered beneficial for cadres, although it has not been felt by many elderly and toddlers. This can be seen from the comparison of pre-test and post-test results which show an increase in cadre knowledge. Community service activities can then be continued with research first to find out the problems that exist in the community.

Keywords: covid-19, disease control, posyandu, posbindu

A. Introduction

The Covid-19 pandemic has hit many countries, including Indonesia. Covid-19 has had an impact on various sectors of life both in the health sector and the economic sector. People are required to be creative in facing the current pandemic era [1]. Covid-19 affects almost all ages, however, current data shows that the elderly and people who have a history of chronic diseases (comorbid) have a higher risk of developing this disease with worse complications [2].

The development of health services in the community is an effort to help the community in preventing the spread of the COVID-19 pandemic [3]. Law No.36 of 2009 concerning health, especially health in children under five. Efforts to increase public understanding of healthy living are contained in the ministerial regulation that regulates and strives to improve clean and healthy living behavior or abbreviated as PHBS. PHBS is a health promotion effort that aims to make everyone live in a clean and healthy environment. Health promotion efforts in elementary schools, especially PHBS, are a demand to be able to improve health in children [4]. Efforts are made to empower the community in maintaining, improving and protecting their health so that people are aware, willing, and able to independently actively participate in improving their health status [5]. Therefore, there is a need for counseling on the importance of maintaining health, especially during a pandemic like today. Community service activities are one of the Tridharma of Higher Education activities that must be carried out by lecturers [6].

Posyandu is a form of community-sourced health efforts that are managed and organized from, by, for and with the community. The existence of posyandu makes it easier for the community to obtain basic health services, especially to accelerate the decline in maternal and infant mortality [7]. Efforts to develop the quality of human resources by optimizing children's growth and development potential can be carried out



evenly if community-based health service systems such as posyandu can be carried out effectively and efficiently and reach all targets [8]. The Posyandu revitalization program in the regions, especially in rural areas, has been urgent in an effort to improve the quality of health, meet basic health needs and improve the nutritional status of the community. The revitalization of posyandu is focused on the strategy of approaching community-sourced health efforts based on the traditional values of mutual cooperation in community life towards community independence and self-reliance [9].

NCD control in Indonesia is contained in Law of the Republic of Indonesia No.36 of 2009 concerning non-communicable diseases which contains efforts made in controlling non-communicable diseases, namely prevention, control, handling, and consequences arising from a disease. This effort is intended to increase knowledge, public awareness, willingness to behave healthily, and prevent NCDs and their complications [10]. One of the efforts to control risk factors for non-communicable diseases is through a forum called Posbindu PTM (Integrated Development Post for Non-communicable Diseases). PTM Posbindu is a form of service that involves community participation through promotive-preventive efforts to detect and control early the presence of NCD risk factors in an integrated manner [11]. The integrated development post (posbindu) is a forum for the elderly group in the community, the formation process is carried out by the community in collaboration with social, government, and private institutions as a form of community participation in health development which focuses on efforts to improve and prevent elderly problems. Thus, posbindu is one form of community-sourced health efforts (UKBM) to improve health and quality of life to achieve a happy and useful old age in family and community life [12].

To achieve the target of improving Indonesia's health development, it is necessary to conduct an assessment first on health cadres as human resources driving posyandu & posbindu whose main focus is highlighted on increasing cadre productivity. This increase in productivity is inseparable from the strong motivation of cadres in the implementation of posyandu & posbindu as an effort to realize a healthy society [13].

Community service is a service implementation activity carried out by lecturers of the Immanuel Bandung Health Institute which aims to be a manifestation of the contribution of the academic community in solving problems in the community and can further improve the independence and standard of living of the community, especially healthy independently and have a decent life [14]. Community service activities of group 5 IKI lecturers and students are directed at increasing knowledge and skills for cadres to manage and jointly invite the community to live a healthy life based on family health, the form of briefing provided is the provision of education and expertise of posyandu and Poswindu health cadres as basic human resources in the community who will play a lot of role in the development of community health as a whole.

This service program aims to foster health cadres in managing and running Posyandu and Poswindu starting with the ability, skills in inviting the community, embroidering 5 Posyandu tables, identifying the results of Weighing on infants and toddlers, as well as making the development of Posyandu in Recording. Therefore, we present a report on community service activities that have been carried out by group 5 in RW 10 of Matgahayu sub-district.

B. Research Methods

Community service methods are carried out by counseling, lectures, questions and answers, pre-test and post-test. The media used are televisions and laptops to display material in the form of power points. The stages of implementation carried out in this service are conducting a pre-test, then providing material and continued with a post test. Community Service activities were carried out on November 22, 2022, which took place at Al-Islam RW 10 Kindergarten Jalan Cigondewah Bandung, starting at 13.00, which attended the event as many as 9 Health cadres, 7 lecturers and 3 students, the training provided was through material presentation and training on filling in KMS and reading results, making reports

The data collection techniques used in this service are observation and documentation techniques. The data analysis technique used is qualitative descriptive which aims to provide a general overview of the nature of qualitative descriptive research methods. This article is prepared based on the literature review method of articles that examine qualitative descriptive [15].

Descriptive research is research to find facts with proper interpretation. Study problems in society, as well as community procedures and specific situations, including the relationship of activities, attitudes, views and ongoing processes as well as the impact of a phenomenon [16]. Data on this service will be analyzed



qualitatively, which is a procedure that produces descriptive data in the form of written words, or spoken people or observed behavior [17].

C. Result and Discussion

Community Service Activities were carried out on November 22, 2022, which took place at Al-Islam RW 10 Kindergarten Jalan Cigondewah Bandung, starting at 13.00, which attended the event as many as 9 Health cadres, 7 lecturers and 3 students, the training provided was through material presentation and training on filling out KMS and reading results, making reports. This service activity is carried out with 2 stages, namely the preparation stage and the implementation stage.

The preparation stage for community service began on September 19, 2022. The initial activity carried out was to coordinate with the head of the Caringin Health Center and the Team for the development of Community Service Topics. Then resumed on November 19, 2022, the activities carried out were coordinating with Mr. / Mrs. RW. After that, on November 20, 2022, the activities carried out were to coordinate with the head of the cadre for the location of service.

The stages of community service implementation will be carried out on November 22, 2022. At this stage of implementation consists of several activities, namely opening and pre-test conducted by lecturers and students. Then, continued with remarks from the head of the Caringin Health Center (dr. Sri) and remarks from the head of RW and followed by a joint prayer at 13.00-13.10. After that, it was resumed at 13.00-13.25, namely the activity of providing counseling on "the role of cadres in conducting documentation in collecting and recording examination results at tables 1 and 2" delivered directly by Kristin Sihombing, SKM, M.MRs. At 13.30-13.45 the activity continued by providing counseling on cadre skills in filling and reading KMS delivered by Od Sariningsih, SST., M.Kes. Then at 13.45-14.00 the activities carried out were providing skills to cadres in providing counseling delivered by Neti Sitorus SST., M.Kes. Then the activities carried out were providing counseling on the role of cadres at the 5th table, providing skills to cadres in communicating to the elderly, and developing 5 steps of posyandu to 7 steps of posyandu which was carried out at 14.00-14.45. After that, simulations and mentoring were carried out by the PKJA team according to the table. Then at 16.45-17.00 a post test was carried out which aimed to measure the development of knowledge possessed, after which it was closed with a prayer with RW mothers.

The resulting targets and outputs are cadres who have independent skills in managing and developing posyandu. The method used aims to form an independent posyandu. The innovation products achieved are the output target of the development of the independent posyandu program and the output target of posyandu management and development with the achievement of 80% of toddlers weighed every month, active cadres 100% weighing carried out every month with the development of the latest information technology.

D. Conclusion

This community service activity has answered the problem of strengthening health cadres in managing, running posyandu and posbindu. This activity has been considered beneficial for cadres, although it has not been felt by many elderly and toddlers. This can be seen from the comparison of pre-test and post-test results which show an increase in cadre knowledge.

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